

# EPISODE 18: OVERVIEW

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| Episode Number   | 18  |
| Date Aired   | 02.27.19  |
| Title  | 10 Reasons to Consume Juice Daily - Part 1  |
| Guest  | None  |
| Description  | Juicing? Everyone is talking about it? What's the big deal? Today Jonathan and TeriAnn share their juicing tips and experiences as well as the top 10 health benefits to juicing.   |
| Libsyn Episode Video Link (ONLY FOR TECH)  | <a href="http://traffic.libsyn.com/organixxvideo/ORG018.mp4">http://traffic.libsyn.com/organixxvideo/ORG018.mp4</a>   |
| Libsyn Episode Audio Link (ONLY FOR TECH)  | <a href="http://traffic.libsyn.com/organixxaudio/ORG018.mp3">http://traffic.libsyn.com/organixxaudio/ORG018.mp3</a>   |
| Apple iTunes Link (For Email copy, Social Media Posts, YouTube Descriptions, Banner and Subscribe Buttons) | <a href="https://itunes.apple.com/us/podcast/empowering-you-organically-audio-edition/id1441008547?mt=2&amp;ls=1">https://itunes.apple.com/us/podcast/empowering-you-organically-audio-edition/id1441008547?mt=2&amp;ls=1</a>   |
| Android Link (Email Copy only)   | <a href="https://pca.st/ZzI2">https://pca.st/ZzI2</a>   |
| Episode Email Copy   | <p>Sub line: [Podcast] 10 Reasons to Consume Juice Daily... Part 1 Hey [fname],</p> <p>Back in the 60s, Jack Lalanne brought juicing into American homes. While he was showing people how to juice, he'd also explain the many reasons why it's so good for their health.</p> <p>The fact is, Jack was right.</p> <p>Juicing is a fantastic way to get the vitamins and minerals you need to stay healthy... every day.</p> |

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|   | <p>In our latest episode of <i>Empowering You Organically</i>, we want to give our top 10 reasons to consume juice daily... part one.</p> <p><u><a href="#">Discover 10 reasons why you should consume juice daily here.</a></u></p> <p>One of the things that makes juicing so healthy is that vegetables and fruits are more easily absorbed in the gut.</p> <p>Oops!</p> <p>I just told you one of the top ten reasons.</p> <p>Well, now you'll have to go here to find out the other 9. 😊</p> <p>To your health,</p> <p>Jonathan Hunsaker</p> <p>P.S. Let us take all the work out of juicing.</p> <p>If you want all the benefits of juicing – without the hassle or mess – I encourage you to check out OrganiGreens. It contains 71 fruits, veggies, herbs, spices, and mushrooms that your body craves. Plus, its organic and fermented botanical blend maximizes your intake of nutrients.</p> <p><u><a href="#">Go here to save time and money with OrganiGreens.</a></u></p> |
| <b>YouTube Description Copy</b>                                 | <a href="https://youtu.be/HTDh9anlxt0">https://youtu.be/HTDh9anlxt0</a>   |
| <b>Facebook Copy</b>  | <p>Juicing has become one of the trendiest 😎 ways to get the vitamins &amp; minerals you need to stay healthy... every day. In our latest episode of <i>Empowering You Organically</i> ❤️, we uncover our top 10 reasons to consume juice daily... One of the things that makes juicing so healthy is that vegetables 🥦 and fruits 🍓 are more easily absorbed in the gut. Oops! 😬 We couldn't resist sharing one of our secrets...Well, now you'll have to go here to find out the other 9:</p> <p><a href="https://apple.co/2RtsYev">https://apple.co/2RtsYev</a></p>  |
| Copy 2  | <p>Today Jonathan and TeriAnn share their juicing tips and experiences as well as the top 10 health benefits of juicing 🥰; <a href="http://bit.ly/2XngIMBHave">http://bit.ly/2XngIMBHave</a> a favorite juicing recipe? Share below! 🙌</p>  |
| Wow! That's how TeriAnn jumpstarts her mornings... (Excerpt 4)  | <p>"My go-to every morning is celery, cucumber, spinach, kale, apples, lemons, and ginger." - TeriAnn What's your favorite juicing recipe, friend? 🍓🥒🍋🌿?</p> <p>Share with the world 🌍 below!</p> <p>Then discover healthy juicing tips to reduce the effort needed to enjoy these sweet, nutritional treats 🙌:</p>   |
| The secret for creating a delicious juice recipe... (Excerpt 3) | <p>"I would go to the market and I'd pick up all kinds of stuff and throw 10, 11 ingredients in a juicer, thinking it was going to be phenomenal. And you could barely even smell it by the time you're done by putting in too many ingredients."</p> <p>Remember friend, with juicing sometimes less is more! 😊</p>  |

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|  | Discover the tips you're dying to know 🤔 about juicing in this week's "Empowering You Organically" podcast ❤️:  |
| Health Benefits of Juicing (Excerpt 8)   | "Your skin glows. You're healthier. Digestion's better. My energy levels are up. I sleep better. There's so many benefits to juicing and regulating your body, keeping inflammation down, helping with digestion, getting rid of that extra water weight that you're retaining."<br><br>Unlock the power 💪 of juicing and feel INSPIRED with this week's "Empowering You Organically" podcast ❤️: |
| What an amazing way to save time on juicing... (Excerpt 1)                         | "I have a few rituals in starting out my day as far as food goes, and that's one of them. I feel like it's just jump-starting my engine, essentially." Discover how TeriAnn kickstarts her day below! Then, discover these 5 Morning Stretches 🧘 for a stress-free start into the day 💜:  |
| Do you enjoy juicing fruits & veggies? Uncover how much is TOO much... (Excerpt 6) | "The challenge that I find in just a fruit juice is the high sugar content and the big insulin response that you get from that." Remember 📌! It's essential to know what's in the foods and beverages you consume - even a homemade juice recipe. Discover the tips you need for delicious, healthy juicing in this week's "Empowering You Organically" podcast 🥰:                                |
| Staying hydrated is easier with juicing... (Excerpt 5)                             | Friends, please put down that sugary soda 🥤 and enjoy the nutritional powerhouse of juicing! 🍓🍌🍊. Unlock all the nutritional benefits of juicing in this week's "Empowering You Organically" podcast: Set your alarm 🕒 for tomorrow as we bring you its gripping conclusion! 😲  |
| <b>YouTube Link</b>  | <a href="https://www.youtube.com/watch?v=HTDh9anlxt0&amp;index=19&amp;t=0s&amp;list=PLDlOfNUCzKjTXbfw2brEQOUeimkgRveZ">https://www.youtube.com/watch?v=HTDh9anlxt0&amp;index=19&amp;t=0s&amp;list=PLDlOfNUCzKjTXbfw2brEQOUeimkgRveZ</a>   |
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